

Residents' Plans for Emergencies

Make a Plan

Make an Emergency Information List

- Name, phone, address of family or friend
- Name and phone of relative or friend who can your “out-of-state” contact. After a disaster, it may be easier to call long distance. All family members can call this person and tell where they are and find out where others are.
- Name and phone of your “Buddy” in the building.

Make a Medical Information List

- Name and phone of medical providers (doctors, dialysis center, home-health nurse, etc.)
- List the medications you use
- List the prescriptions and medications you use and drug store or place where purchased
- List the equipment or supports you use (wheel chair, walker, cane, oxygen, etc.)
- List your allergies
- List your communication difficulties
- List the style and serial number of medical devices

Attach copies of your Health Insurance Cards to your Medical List

Have extra copies of prescriptions

Keep at least a three to five day supply of essential medications with you at all times

Plan a Kit of supplies for use in an Emergency (see Plan a Kit page)

Plan for your Pets

- Pets should not be left behind, but only service animals will be permitted in public places

(May 27, 2004)

- Plan how you will care for your pet in case of an emergency
- Store extra food, water and supplies for your pet

Make a Kit

Use an easy to carry sturdy container-bag with a handle or a backpack.
Keep in an easy to grab place in case you have to leave in a hurry.

Six Basic Emergency Supplies

1. Gallon of water per day for three days. Store water in clean plastic containers such as soft drinks bottles.
2. Three-day supply of non-perishable food
 - Foods that require no refrigeration, cooking, and little or no water.
Select foods that are compact and lightweight.
 - Manual can-opener, plastic utensils, cup
3. First Aid Supplies
4. Tools and Supplies
 - Flashlight and extra batteries
 - Battery operated radio and extra batteries
 - Extra eyeglasses and hearing-aid batteries
5. Clothing and blanket or sleeping bag.
6. Special Items - important documents, prescription drugs

Keep items in airtight plastic bags

Change stored water supply every six months so it stays fresh

Rotate stored food every six months

Check Kit twice a year when changing to and from Daylight Time

- Replace batteries, update clothes

(May 27, 2004)

Special Emergency Supplies

- Sanitation supplies - toilet paper, soap, Depends, etc.
- Cash, traveler's checks or credit card

For Medical Emergencies

If you are hurt or ill:

Call 911

If you cannot help, try tapping on pipes, pounding on floor, or yelling for help.

Have a "Buddy" in the building.

"Buddies" can talk to each other everyday to see if each of you is o.k. Tell each other if you are going away.

Keep medical information up to date and handy to take with you.

- List of medications and prescriptions
- Doctors' names and phone numbers
- Name and phone number of family or friend to contact in emergencies
- Copies of Insurance Cards, Living Will, etc.

What To Do if There is an Explosion

If there is an explosion:

Take shelter under a sturdy table or desk.

Call 911.

If kitchen stove is in use, turn it off.

Check door for heat. If not hot, open carefully and check condition of hallway.

Exit the building as soon as possible.

Do not use elevators.

If you need assistance to exit the building, open apartment door and signal for help. Call Floor Monitor to report your need for assistance.

Take your Emergency Supply Kit if time allows.

If there is a fire

Follow Fire Evacuation procedures.

If you are Trapped in Debris

If possible, use a flashlight to signal your location

Avoid unnecessary movement so as not to kick up dust

(May 27, 2004)

Cover your nose and mouth with material that is a good filter, such as a towel or T-shirt

Tap on pipe or wall so rescuers can hear where you are

Shout only as a last resort. You could inhale too much dust.

What To Do in Storms and Earthquakes

Hurricanes and Tornadoes and Thunderstorms

- Turn off TV, computers, and kitchen stove (if in use)
- Find a place away from windows.
 - Go into the bathroom and close the door.
 - or, Go into the hallway and stay away from the windows.
- Take a flashlight and battery operated radio with you.
- When it is safe to return to your apartment, check for damage.
 - Call Floor Monitor to report broken windows and other damage.
 - If there is fire, call 911 and follow Fire Emergency Procedures.

Floods

- If outside, do not enter floodwaters on foot or in a vehicle
- If flooding occurs inside the building, follow instructions from emergency personnel
- If told to evacuate, follow the evacuation procedures
- Avoid contact with electric power lines
- Do not use tap water until you are told it is safe to use
- Discard any food or drinking water contaminated by floodwater

Earthquakes

- Take cover under table or something sturdy

(May 27, 2004)

- Stay under cover for awhile in case of aftershocks
- Do not exit building unless instructed by Emergency Personnel

What To Do in Storms and Earthquakes

Power Failure

- Use your battery powered radio to find out what the position is
- If it is dark, use a flashlight
- If you need to use medical equipment requiring power, call your Floor Monitor for assistance
- You will be instructed what to do if the power failure will be long

Water Shut Off

- Notices will be posted by Management on the floor bulletin boards if the water will be shut off for repairs
- In emergencies, you will be notified by your Floor Monitor or by Management of the situation
- Use your emergency water supply as needed. Replace emergency supplies as soon as possible

Area Wide Telephone Failure

- Ask neighbor or Floor Monitor if others have telephone outage, too.
- If the telephone system is down and you have a medical emergency, see your Floor Monitor or Front Desk Staff
- Floor Monitors and the Front Desk staff will try to contact

(May 27, 2004)

Emergency Personnel with Cell Phones or e-mail to report your situation.

What To Do in a Biological or Radiation Threat

If you receive a **Suspicious Package**

- Look for suspicious signs including
 - handwritten message or misspelled words
 - stains, bulky or lopsided
 - no return address or one that does not match the postmark
 - excessive taping or wrapping or excessive weight or postage
- Leave it alone and notify Management and the police
- If you opened the package
 - Follow directions of police and seek medical advice

A **Biological Attack** is the deliberate release of germs or substances that can make you sick. Examples are Anthrax and Smallpox. Many agents (such as Anthrax) must be inhaled, enter through a cut in the skin or be eaten to make you sick. Or you can catch a disease like Smallpox from other people.

- Listen to radio and TV for information
 - Find out what signs and symptoms there are for the threat
 - Listen for instructions for medical care
- If you become aware of suspicious release of an unknown substance....

(May 27, 2004)

- Quickly get away if possible
- Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing (T-shirt, towel).
- Wash with soap and water
- Contact 911

A **Radiation Attack or “Dirty Bomb”** is the use of explosives to spread radioactive materials. It is not a nuclear blast.

- Try to have a thick shield between yourself and the radioactive materials
 - Go into the bathroom and close the door
 - Stay away from glass
 - Listen to radio for information and directions